



وزن کم کرنے کا طریقہ

Tips for WEIGHT Loss



Shaykh-e-Tariqat Amir-e-Ahl-e-Sunnat
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MUHAMMAD ILYAS
Attar Qadiri Razavi کاتب قرآن و احادیث

مکتبۃ الدین
Dawat-e-Islami

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Du'a for Reading the Book

Read the following Du'a (supplication) before you study a religious book or an Islamic lesson, you will remember whatever you study, **إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ**:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَانْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Translation

O Allah **عَزَّ وَجَلَّ**! Open the door of knowledge and wisdom for us, and have mercy on us! O the One Who is the Most Honourable and Glorious! (*Al-Mustatraf*, vol. 1, pp. 40)

Note:

Recite Salat-'Alan-Nabi ﷺ once before and after the Du'a.

وَزَن كَم كَرَنے كَا طَرِيقَہ

Wazn Kam Kernay ka Tareeqah

TIPS FOR WEIGHT LOSS

THIS booklet was written by Shaykh-e-Tareeqat, Ameer-e-Ahl-e-Sunnat, the founder of Dawat-e-Islami ‘Allamah Maulana Abu Bilal Muhammad Ilyas Attar Qaadiri Razavi دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةِ in Urdu. **Majlis-e-Tarajim** (the translation department) has translated it into English. If you find any mistake in the translation or composing, please inform the translation department on the following postal or email address with the intention of earning reward [Sawab].

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Tips for Weight Loss

An English translation of 'Wazn Kam Kernay ka Tareeqah'



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Tips for Weight Loss

Excellence of Salat-‘Alan-Nabi ﷺ

The Rasool of Rahmah ﷺ said, ‘Remembrance of Allah عَزَّوَجَلَّ in abundance and invocation of Salat upon me eradicate the poverty (i.e. deprivation).’ (*Al-Qaul-ul-Badi*, pp. 273; *Ma’rifat-us-Sahabah li Abi Nu’aym*, vol. 2, pp. 520)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ تَعَالَى عَلَى مُحَمَّدٍ

One who intends to overcome obesity, the worst hurdle for him in execution of this objective is his own greedy Nafs (lower self) who deceives with the false fear of weakness. As per reaction of such false fear, for the one who eats excessively and already provoked by over eating, puts on weight and consequently will be trapped in severe diseases. However, it is a Madani request that if you are overweight and you are serious to reduce it with a subsequent intention to get more energy for worship, then few narrations are quoted below to strengthen the will that you have made.

Now after self-motivation, when you have planned to normalize your overweight for the sake of harvesting the fruits of this world and Hereafter, read the further lines with prayer to Almighty Allah ﷺ beseeching His favours in this context; (tips to overcome obesity will follow these parables).

Allah ﷺ likes the slim and less eating bondman

It gives a very bad impression to the people that one eats a lot, puts on weight and walks the streets having an enlarged belly. Take care of your weight, as keeping the body healthy with intent to gain strength in performing worship and keeping the weight normal, cause bounties of the Hereafter. In addition, losing weight due to the fear of Allah ﷺ pertains to blessing in itself.

It is a saying of the Holy Rasool ﷺ, ‘The most-liked bondman amongst you by Allah ﷺ is the one who eats less and is slim (low in weight) physically.’

(Al-Jami’-us-Sagheer lis-Suyuti, pp. 20, Hadees 221)

Allah ﷺ dislikes a fat person

For goodness’ sake, have pity on yourself. Believe that the obesity is an acute disease in its own self; in fact it is a root cause of many diseases. Obesity is an obstacle in so many good deeds. In the context of the most severe and adverse consequence of the obesity, leader of the believers, Sayyiduna Farooq-e-A’zam رضى الله تعالى عنه has said, ‘Allah ﷺ dislikes a fat intellectual man.’

(Al-Joo’ ma’ Mawsu’ah Ibn Abid Dunya, vol. 4, pp. 94, Hadees 81)

This is due to the fact that obesity implies carelessness and overeating which is awful, especially for an intellectual man.

(Ithaf-us-Sadah liz-Zabeedi, vol. 9, pp. 12)

Remember! The religious scholars رَحْمَةُ اللَّهِ تَعَالَى have guided us: Only that Ferbihi (obesity) is condemnable which is (due to a luxury and overeating and) intentionally gained. Natural obesity should not be taken in this perspective.

(Mirqat-ul Mafatih, vol. 10, pp. 362, Hadees 6010)

(It is a sin to make fun of any Muslim due to obesity.)



It is Haraam to mock on an overweight person

If someone eats more – whether he is fat – even then mocking at him or hurting his feelings through gestures is a Haraam (unlawful) act consequently leading to Hell. Moreover, keep in mind that overeating is not merely a cause of obesity for everyone. It is a practical observation that certain Islamic brothers are helpless to overcome weight though they have virtually practiced an abstinence from so many foods and diets. This all entails an implicit message that their bodies are puffed-up due to certain hidden side effects of certain medicines or maladies. Finally, whatsoever may be the cause of obesity; it is impermissible to hurt his feelings.

Belching – A sign of overeating

Belching is a sign of overeating. Therefore, once the Beloved and Blessed Rasool ﷺ heard a person belching and said to him, ‘Reduce your belch because on the Day of Judgement, the hungriest person will be the one who fills his stomach more in the world.’

(Sharh-us-Sunnah lil-Baghawi, vol. 7, pp. 294, Hadees 3944)

The blessed companion (Abu Juhayfah رَضِيَ اللَّهُ تَعَالَى عَنْهُ), who belched, has said, ‘By Allah عَزَّوَجَلَّ, the day when the Noble Rasool ﷺ advised me since then I have never satiated and I am optimistic that Allah عَزَّوَجَلَّ will protect me (from overeating) in future as well.’ *(Qoot-ul-Quloob, vol. 2, pp. 282)*

Quantity of food

It is a saying of the Rasool of Rahmah ﷺ, ‘A person never fills a pot worse than his own stomach. However, though a few morsels are sufficient to satiate hunger and to keep his back straight. If it is hard to accomplish then a person should divide one third for food, one third for water and one third for breathing.’ *(Sunan Ibn Majah, vol. 4, pp. 48, Hadees 3349)*

Filling tummy for taste only is an attribute of disbelievers

Keep in mind! It is not a sin to be fat, or to eat some food for a taste or to dine with a full stomach, but it is worth to be safe

from these things. In this perspective, a legendary and leading scholar of Shari'ah and Tareeqah, 'Allamah Maulana Mufti Muhammad Amjad 'Ali A'zami عَلَيْهِ رَحْمَةُ اللَّهِ الْقَوِي has said, 'We should eat less than appetite and eating with satiation is Mubah which means neither it earns reward nor sin because eating too much can be positively interpreted as to get more energy. In addition, eating more than hunger is Haraam. The word 'more' can be interpreted that eating in such a quantity that upsets stomach, for example loose motion and feeling unwell.'

(Durr-e-Mukhtar, vol. 9, pp. 560)

He رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ further explains: In the Holy Quran, it has been stated as an ill trait of disbelievers that their purpose behind eating is no more than taste and enjoyment. In Hadees, overeating has been quoted as a trait of disbelievers.

(Bahar-e-Shari'at, vol. 3, pp. 375)

A deed worthier than twelve-month worship

In order to please Allah عَزَّوَجَلَّ, eating less is a great virtue whilst overcoming your Nafs. Mentioning the virtues, Sayyiduna Abu Sulayman عَلَيْهِ رَحْمَةُ الْحَكَّام has stated, 'Abandoning a self-desire is more beneficial for the heart than observing Siyam during the day and worship at the night for twelve months.'

(Qoot-ul-Quloob, vol. 2, pp. 292)

More eating, more agonies of death

It is quoted, ‘No doubt, intensity of death agonies is directly proportional to the intensity of worldly joys. He who enjoys much in life will have more woes at the time of death.’

(Minhaj-ul- ‘Aabideen, pp. 94)

Starvation on the Day of Judgement

It is saying of the Noble R صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ, ‘Many people eat delicious foods and lead a luxurious life in this world, but they will be hungry and naked on the Day of Judgement. Whereas, there are many people in the world living with starvation but on the Day of Judgement, they will be in blessings.’

(Shu’ab-ul-Iman, vol. 2, pp. 170, Hadees 1461)

Bhook ki na’mat bhi day aur sabr ki taufeeq day

Ya Khuda her haal mayn Tu shukr ki taufeeq day

Bless me with bliss of hunger but with patience

O Lord! Bless me your gratitude in all circumstance

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

Sinful diseases prompted by overeating

Hujjat-ul-Islam, Sayyiduna Imam Abu Haamid Muhammad Bin Muhammad Bin Muhammad Ghazali عَلَيْهِ رَحْمَةُ اللهِ الْوَاسِعَةُ has said: Overeating creates seditions in body limbs and as a consequent

an urge for brawling, and doing foul activities take birth. This is due to the fact when someone eats with a full stomach then consequently pride grows in his body and a lust for evil sights buds in him, his ears become ambitious to hear evil talking and his tongue is motivated towards indecent talks. His private parts are more prone towards lustful acts and his feet become desperate to move towards forbidden places. But on the contrary, when someone is hungry, all his body limbs are at peace; they neither wish for an evil nor try to be a witness of an evil activity. It is saying of His Excellence Abu Ja'far رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ, 'If one's stomach is empty, other parts of the body are satisfied, they demand nothing but if stomach is full then other body organs remain hungry and consequently tend to evil activities.'

(Minhaj-ul- 'Aabideen, pp. 83)

Twelve diseases caused by eating too much

Whether someone is fat or slim, if he is habitual to eat too much then he should make his mind to welcome any fatal disease because too much eating upsets stomach and according to the opinions of the doctors, 80% diseases are caused by the stomach disorders. Following are discussed twelve diseases that are caused due to too much eating:

1. Mental disorders
2. Eye diseases
3. Tongue and throat diseases

4. Chest and lungs disorders
5. Partial/full paralysis
6. Numbness of lower body parts
7. Diabetes
8. High blood pressure
9. Brain haemorrhage
10. Psychological disorders (as mental retardation)
11. Liver and pancreas disorders
12. Depression

Obesity can be fatal

As per one pathological research, obesity quickens the process of forming blood clots which can bring a rapid end to life. As per research, obesity is an invitation to death because it causes the blood clotting. Blood clotted in the lower body affects the blood flow throughout the body.

As per another conducted medical research, the foods with high rate of sugar, crispy and spicy foods (prepared in ghee and cooking oils), cold drinks are not just a cause of obesity but their frequent use also causes viscosity of that specific blood which runs through arteries and brain veins, and it can be a cause of heart attack and other disorders like thickening of blood in brain veins.

Does working in sitting pose cause obesity?

Some overweight people are found commenting and self-deceiving and consequently diverting their own attention from their malicious habit of overeating by asserting and exclaiming, 'O brother what to do, the nature of our job demands us to be in a sitting position therefore, the weight has increased and belly has bulged out.'

This is their misconception, here is a request for such people; beware of the time when a doctor will inform you after charging a heavy fee, an awful news with instruction to reduce weight and consequently making you half dead, please accept the humble Madani request of Sag-e-Madinah¹ who only wishes the goodwill of Ummah. Moreover, with intent to earn virtues, please observe Qufl-e-Madinah², then, certainly work more than before whilst sitting, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** you will remain smart.

Weight chart

As per one's height, for example for a man; it is suitable that his weight should follow an inch height per one-kilogram weight e.g. a man with a height of 5.5 feet, his weight should be 66 kilograms and a woman with a height of 5.25 feet, her weight should be 59 kilograms.

¹ The author

² Eating less than one's appetite

Hold on! First of all have a blood test

First, have a blood test for sugar and lipid profile. Cholesterol is also included in lipid, hence it is important that the stomach should be empty prior to test for a time of 12-14 hours. If it is feasible, then for seeking the pleasure of Almighty Allah عَزَّوَجَلَّ observe the Sawm on that very day when you have planned for such laboratory test. If some problem is diagnosed in the blood test report, then plan dieting after a consultation with medical physician.

Walk daily for 45 minutes

Daily walk for a period of 45 minutes with following sequence: Fast walking in first fifteen minutes. Normal walking in next fifteen minutes. Again fast walking for a period of fifteen minutes. Having walked in this manner, إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ there will be diverse physical benefits along with reduction in weight.

Tips for weight loss

It is a Sunnah to have meal once a day. If there is any physical weakness then you can take it twice a day. Whether you dine once or twice a day, a prerequisite is to eat less than hunger. Try to avoid dinning thrice a day or other random food intakes. However, if you feel hungry in the intermediary time and you want to eat something then it is suggested to eat cucumber, Kakri (it is also a sort of cucumber), salad leaves or diet apple.

The food that you eat once or twice should consist of the boiled vegetables or vegetables cooked in a very low quantity of oil (half tablespoon). Please avoid eating potatoes.

If it is compulsory to eat rice or bread then it is suggested to eat only half of the chapatti with the aforementioned vegetables. The rice should be half a cup only boiled in water; consume only a small piece of meat without fats. If it is necessary to eat mango, then a medium-sized half mango once a week is good enough.

The best treatment to avoid many stomach disorders and other diseases is to chew the food in such a way that it should be galloped down through throat like water. If you want to take tea then take it with skimmed milk and without sugar. If it is troublesome to take tea without sugar then put a sweetener pill into the tea cup after consultation with your doctor (it is said that some sweeteners are harmful to health). If you are not suffering from diabetes then if possible, you can add honey or jaggery. (Take twice a day a half medium cup of tea.)

Try to avoid: Fats, ghee, cooking oil, yolk of an egg; dairy products like butter, cheese and various different cholesterol dishes; sweet and creamy biscuits, diverse desserts like Rabri (sweet dish), Kheer, Firni, pudding, fruit jelly, custard, Faaludah, etc. Cake, pastries, coco-chocolate and toffees, Nimco (saltish snacks), creamy and sweet items, desserts, ice cream, cold drinks, fruit juice; fast food like pizza, Parathas, Puriyan, Kachoriyan,

Pakorras, kebabs, samosas, omelette, etc. and everything in which oil and sweetness can be found.

There will be reduction in the weight and you will look slim (by following this chart), **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**. The doctors also have a food chart through which the average of weight can be maintained. Obesity should be controlled only through prevention of food after consultation with your family doctor or an expert Hakeem. But weight should not be reduced with the help of anti-obesity medicines because they have side effects, and are injurious to health.

Recipe of pumpkin for dieting

As per need put on stove the chopped pieces of pumpkin in water. Put a small amount of turmeric and salt as per taste. Do not add any oil because pumpkin-seeds will produce some oil. In a short time, recipe for dieting is ready but please also put in practice the suggestions discussed next.

Anti-obesity prescription

Take an equal amount of seedlac, black caraway seed, and Kalaunji (black cumin), grind them well then mix them and store in a bottle with a wide neck. Take a spoonful daily before breakfast and dinner with a glass of water. However, keep in mind to observe the abstinence discussed earlier.

Don't be confused!

Qufl-e-Madinah of stomach i.e. eating less than one's appetite, though it will be difficult for a short span of time and it may increase when foods are in front of you on the dining mat. After removing the dining-mat, attention will be diverted. With a passage of time when you will be accustomed with the habit of eating less than your appetite and may have experienced the virtues of the less eating, then you will not desire to eat the food in excess, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**.

Cauldron* made feasts

Cauldron-made feasts that are wilfully made tastier, extremely oily and spicy dishes like Qaurmah and Biryani, such foods are health-damaging even for players, heavyweight wrestlers, and specifically these foods are the fatal enemies of an overweight person. During the feasts, the cauldron-made-tastier foods with good tastes do not let anybody to check his hand from eating but on the contrary, he fills his tummy more than his routine. In the presence of other people, he does not chew well due to the lust of food, and due to hurriedly swallowing and stumbling down the food; such banquets leave serious impacts on the stomach. As per a medical research, there are certain diseases caused by spicy and pungent diets i.e. stomach ulcer, acidity, indigestion and piles.

* A big cooking pot.

Harm of sleeping soon after dinner

Nowadays, there are many people who get leisure from their jobs at the late hours of night, being so much exhausted, they hurriedly finish their dinner and go to bed. Such people can be a victim of chronic diseases like diabetes/sugar, heart diseases, abdominal disorders and paralysis etc. so, it is better to go to bed after two or three hours after dinner. However, though you have so many genuine reasons to dine late night and sleep just after dinner, but maladies don't back up any excuse. You will have to change your mind. (For detailed information on this topic, please read the chapter 'Excellence of Hunger' from the book *Faizan-e-Sunnat*, volume 1.)

Ya Ilahi bhook ki dawlat say mala maal ker

Dau jahan mayn Apni rahmat say mujhay khush-hal ker

*O my Lord! Bless me the bounties of hunger
Flourish my both worlds by thin grandeur*

أَمِينٌ بِجَاهِ النَّبِيِّ الْأَمِينِ صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ

Muhammad Ilyas Attar Qaadiri

04 Ramadan-ul-Mubarak, 1432 AH

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اَلْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِيْنَ وَالصَّلٰوةُ وَالسَّلَامُ عَلٰى سَيِّدِ الْمُرْسَلِيْنَ اَمَّا بَعْدُ فَاَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

BLOSSOMING OF SUNNAH

By the grace of Allah ﷻ, Sunnahs are abundantly learnt and taught in the Madani environment of Dawat-e-Islami, a global and non-political movement for the preaching of Quran and Sunnah. It is a Madani request that you spend the whole night in the weekly Sunnah-Inspiring Ijima', taking place after Salat-ul-Maghrib every Thursday in your city, for the pleasure of Allah ﷻ with good intentions. With the intention of gaining reward, make it a part of your routine to travel in Sunnah-Inspiring Madani Qafilahs with the devotees of Rasul, to fill out the Madani In'ammat booklet every day practicing Fikr-e-Madinah and to submit it to the relevant responsible Islamic brother of your locality within the first ten days of every Islamic month. Through the blessings of this, you will develop a mindset and a yearning to adopt Sunnahs, to have hatred for sins and to protect your faith, بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ.

Every Islamic brother should develop the Madani mindset that **'I must strive to reform myself and people of the entire world,** بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ.'

In order to reform ourselves, we must act upon Madani In'ammat and to strive to reform people of the entire world we must travel with Madani Qafilahs, بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ.



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